

# Kindergarten: Roots of Our Food



Developed by AHS, Nutrition Services in consultation with the Body Image Research Lab at the University of Calgary's Werklund School of Education – April 2025



## Speaker Notes:

Today we are going to learn about where our food comes from.

**Ask:** Where does your food come from?

**Sample Answers:** The grocery store, the garden, earth, forest, lake, hunting, farm, etc.

## Teacher Background:

This slide deck goes with the Roots of our Food worksheet. For a PowerPoint version of this presentation, please contact: [publichealth.nutrition@ahs.ca](mailto:publichealth.nutrition@ahs.ca)

## Image source:

Microsoft 365 Stock Images

©2025 Alberta Health Services, Nutrition Services

This work is licensed under a [Creative Commons Attribution-Non-commercial Share Alike 4.0 International license](https://creativecommons.org/licenses/by-nc-sa/4.0/). The licence does not apply to AHS trademarks, logos or content for which Alberta Health Services is not the copyright owner. This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.

# Food in Alberta



## Speaker Notes:

Food is all around us! Across Alberta families get food from places like grocery stores, farmer's markets, and farm stands. Many families also get food directly from the land through gardening, farming, picking wild plants (foraging), hunting, and/or fishing.

## Image sources:

Microsoft 365 Stock Images

---

# Farm



---

## Speaker Notes:

Some examples of animals on farms include pigs (for ham or pork) and cows (for milk or beef).

## Reference:

Statistics Canada. Livestock Statistics, 2022. Available from: <https://www.alberta.ca/livestock-statistics>

## Image sources:

Microsoft 365 Stock Images

---

# Farm



---

## Speaker Notes:

Farmers may also raise chickens (poultry and eggs) and sheep.

**Ask:** Does your family have a farm with animals? Are the animals raised for making food?

## Reference:

Statistics Canada. Livestock Statistics, 2022. Available from: <https://www.alberta.ca/livestock-statistics>

## Image sources:

Microsoft 365 Stock Images

---

# Farm



---

## Speaker notes:

Farmers also grow grain and oilseed products. Some examples in Alberta are wheat for making flour and bread, as well as canola for canola oil and mustard seed for making mustard. Another food produced in Alberta is honey from the honeybee!

## Reference:

Statistics Canada. Crop Statistics. 2022. Available from: <https://www.alberta.ca/crop-statistics>

## Image sources:

Microsoft 365 Stock Images



---

# Farm



Designed by [Freepik](#)

---

## Speaker notes:

Other foods that farmers grow are grains like barley and pulses like beans, lentils, and field peas.

**Ask:** Does your family grow any crops for eating? What crops do they grow?

**Sample answers:** Examples of crops grown in Alberta for eating include wheat, oats, barley, rye, flaxseed, canola, dry beans, faba beans, dry peas, lentils, mustard seed, sugar beets.

## Reference:

Statistics Canada. Crop Statistics. 2022. Available from: <https://www.alberta.ca/crop-statistics>

## Image sources:

Barley: Microsoft 365 Stock Images

[https://www.freepik.com/free-photo/close-up-hand-picking-up-pod\\_9366697.htm](https://www.freepik.com/free-photo/close-up-hand-picking-up-pod_9366697.htm)

---

# Garden



---

## Speaker Notes

A garden is a way for Albertans to grow food, even if they don't live on a farm. Your family may have a garden in your backyard, on a patio or balcony, or you may grow food in a community garden, where land is shared with many families.

Some examples of food that gardeners in Alberta grow are:

- Vegetables: Swiss chard, tomatoes, potatoes, lettuce, spinach, kale, peppers, carrots, peas, beans, beets, etc.
- Fruits: apples, raspberries, strawberries, rhubarb, haskaps (honeyberries), etc.

**Ask:** Do you have a garden at home? What do you like to grow?

## Reference:

Alberta Health Services. Community Gardens Handbook. March 2019. Available from:  
<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-community-gardens-handbook.pdf>

## Image sources:

Microsoft 365 Stock Images

# Traditional Foods



## Speaker Notes

Traditional foods in Alberta that Indigenous people and others living here may gather or grow are:

- berries, such as Saskatoon berries, wild blueberries, raspberries and chokecherries
- root vegetables, mushrooms, greens, fiddleheads
- the 'three sisters.'

The three sisters are corn, climbing beans, and squash. These three crops grow together and support each other. This is known as companion planting. A companion is like a partner or a friend!

Other traditional foods that are hunted, trapped, or fished include elk, deer, caribou, moose, bison, rabbit, duck, and fish.

These foods can be found growing in or living on our grasslands, forests, in rivers and lakes, in wetlands and marshes, and in the sky.

## Reference:

Government of Alberta Connection to Land: Traditional Life on the Lands. 2004. Available from:

[https://www.learnalberta.ca/content/aswt/connection\\_to\\_land/documents/traditional\\_life\\_on\\_the\\_land.pdf](https://www.learnalberta.ca/content/aswt/connection_to_land/documents/traditional_life_on_the_land.pdf)

Government of Canada. Growing Together: How to plant a three sisters garden. August 18, 2024. Available from: <https://parks.canada.ca/lhn-nhs/mb/fortgarry/culture/blog/soeurs-sisters>

## Image sources:

Rabbit and Bison. Microsoft 365 Stock Images



# Not Grown in Alberta



Tropical Fruits



Citrus Fruits



Some nuts and rice

## Speaker Notes

Some foods cannot grow in Alberta because the weather is too cold. In Alberta, we are tilted away from the sun for some of the year (winter) which leads to less light and shorter days. Think of how dark it is during the winter.

Alberta is also quite dry. We don't get as much rain as other places like the rainforest.

Foods that cannot be grown outdoors or in great numbers in Alberta include:

- Tropical fruits (e.g. bananas, mangos, pineapple, coconuts)
- Citrus fruits (e.g. oranges, lemons, limes, grapefruits); sometimes citrus fruits can be grown in Alberta in greenhouses or in warmer parts of the province.

**Ask:** Have you ever seen a citrus fruit growing in Alberta?

**Answers may vary.** Some households and greenhouses grow small citrus trees that need to spend winter indoors. These trees do not make very much fruit.

- Some nuts (e.g. cashews, almonds)
- Some types of rice



Designed by [Freepik](#)

## Speaker Notes

How does food grow? Some vegetables grow below ground (such as: potatoes, carrots, beets, and onions). We often call these “root vegetables” because they are under the ground like roots.

**Introduce movement instruction:** When we think of foods that grow below ground, we can sit on the floor in a ball.

Image source:

[https://img.freepik.com/free-vector/set-potato-plant-with-roots-isolated-white-background\\_1308-50665.jpg](https://img.freepik.com/free-vector/set-potato-plant-with-roots-isolated-white-background_1308-50665.jpg)

t=st=1723693846~exp=1723697446~hmac=4d7267ca5d146012894b1bf2ebfdd289b1b7d40d5cf24b989c36dbaad3e88a0a&w=1380



# Growing Food



Above ground  
(Trees)

## Speaker Notes

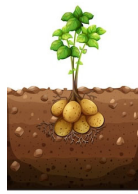
How does food grow? Some fruits grow high above ground in trees (such as: pears, plums, apples, and cherries).

**Introduce movement instructions:** When we think of foods that grow above ground in trees, we can stretch tall with hands in the air and sway in the wind.

## Image source:

[https://www.freepik.com/free-vector/life-cycle-apple-tree\\_17714576.htm#fromView=keyword&page=2&position=15&uuid=2d861552-854d-478c-9590-dd84ff67d5d5&query=Growing+Tree](https://www.freepik.com/free-vector/life-cycle-apple-tree_17714576.htm#fromView=keyword&page=2&position=15&uuid=2d861552-854d-478c-9590-dd84ff67d5d5&query=Growing+Tree)

## Where do I grow?



Designed by Freepik

### Speaker notes:

#### Where do I grow? – Teacher Instructions

State the name of a fruit or vegetable (suggestions are listed below). Students will imitate how the plant of the fruit or vegetable grows with actions discussed on the previous slides. A reminder is depicted on this slide. These actions can be modified as needed. For example, instead of sitting on the ground in a ball, student can wrap their arms around their trunk without lowering to the ground, etc.

- Below ground (Sit on ground in a ball) - Potato, carrots, beets, onions, garlic, turnip
- Bush or near the ground (Squat or crouch down low, hold arms out to side or in front) - Raspberries, strawberries, blueberries, beans, tomatoes, peas, lettuce, pumpkins, corn
- On a tree (Stretch tall with hands in the air and sway in the wind) - Apples, cherries, peaches, plums, apricots

### Image sources:

[https://img.freepik.com/free-vector/set-potato-plant-with-roots-isolated-white-background\\_1308-50665.jpg?t=st=1723693846~exp=1723697446~hmac=4d7267ca5d146012894b1bf2ebfdd289b1b7d40d5cf24b989c36dbaad3e88a0a&w=1380](https://img.freepik.com/free-vector/set-potato-plant-with-roots-isolated-white-background_1308-50665.jpg?t=st=1723693846~exp=1723697446~hmac=4d7267ca5d146012894b1bf2ebfdd289b1b7d40d5cf24b989c36dbaad3e88a0a&w=1380)

[https://img.freepik.com/free-vector/set-tomatoes-plant-with-roots-isolated-white-background\\_1308-50174.jpg?t=st=1723694189~exp=1723697789~hmac=54968df731261d991a0547348f4286268838efdb5ca109cbc70ca90d64296d35&w=1060](https://img.freepik.com/free-vector/set-tomatoes-plant-with-roots-isolated-white-background_1308-50174.jpg?t=st=1723694189~exp=1723697789~hmac=54968df731261d991a0547348f4286268838efdb5ca109cbc70ca90d64296d35&w=1060)

[https://www.freepik.com/free-vector/life-cycle-apple-tree\\_17714576.htm#fromView=keyword&page=2&position=15&uuid=2d861552-854d-478c-9590-dd84ff67d5d5&query=Growing+Tree](https://www.freepik.com/free-vector/life-cycle-apple-tree_17714576.htm#fromView=keyword&page=2&position=15&uuid=2d861552-854d-478c-9590-dd84ff67d5d5&query=Growing+Tree)

[https://www.freepik.com/free-vector/arab-girl-daily-morning-routine-activity\\_3090645.htm#fromView=search&page=4&position=5&uuid=119851ce-f52d-44c5-84a6-d115dfbbed31&query=squat](https://www.freepik.com/free-vector/arab-girl-daily-morning-routine-activity_3090645.htm#fromView=search&page=4&position=5&uuid=119851ce-f52d-44c5-84a6-d115dfbbed31&query=squat)

[https://www.freepik.com/free-vector/set-young-people-emotions\\_5044306.htm#fromView=search&page=10&position=14&uuid=bcf119f5-0615-4d0a-b28f-be54d2ac62b2&query=crouch](https://www.freepik.com/free-vector/set-young-people-emotions_5044306.htm#fromView=search&page=10&position=14&uuid=bcf119f5-0615-4d0a-b28f-be54d2ac62b2&query=crouch)

[https://www.freepik.com/free-vector/hand-drawn-illustration-black-girl-different-poses\\_12176833.htm#fromView=search&page=1&position=13&uuid=1a24e48c-b5c3-468e-b22f-314504e67264&query=wave+arms](https://www.freepik.com/free-vector/hand-drawn-illustration-black-girl-different-poses_12176833.htm#fromView=search&page=1&position=13&uuid=1a24e48c-b5c3-468e-b22f-314504e67264&query=wave+arms)



# How Food Gets to Us



## Speaker Notes

We've explored where foods grow in Alberta...

**Ask:** Where does food grow in Alberta?

**Sample answers:** Farms, gardens, orchards, grasslands, forests, rivers and lakes, wetlands and marshes, etc.

We've also explored how some of our vegetables and fruits grow...

**Ask:** Where do vegetables and fruits grow?

**Sample answers:** Under the ground, above ground in low bushes, or high up in the trees.

Let's look at how food gets from nature to our stores, houses and plates!



# Pick



# Harvest



---

## Speaker Notes

Vegetables and fruits are often picked by hand. Some larger crops of vegetables and fruits, as well as grain foods are harvested by machines. These machines are useful for large fields where it would take a long time to harvest by hand. Some farmers choose to harvest their crops using handheld tools or with the help of animals (e.g., pulled by horses or oxen).

## Image source:

Combine-Microsoft 365 Stock Images

---



# Fish



---



# Hunt



Designed by [Freepik](#)

---

## Speaker Notes

Animals on land and in the water may be fished or hunted.

**Ask:** Have you fished or hunted before? What did you get?

## Image sources:

Fishing - Microsoft 365 Stock Images

[https://www.freepik.com/free-photo/wooden-background-with-basket-full-vegetables\\_1076750.htm#fromView=search&page=1&position=21&uuid=3868f1f0-2952-423a-a1d6-37b1be10c42b](https://www.freepik.com/free-photo/wooden-background-with-basket-full-vegetables_1076750.htm#fromView=search&page=1&position=21&uuid=3868f1f0-2952-423a-a1d6-37b1be10c42b)



# Produced on a Farm



## Speaker Notes

We get lots of our food from animals on the farm. Whether they are giving us milk, eggs, or meat, the products generally are inspected and then go through a process, so we don't get germs from the food.

From there they may go through extra processing to become the products we eat, which you will learn about next year in grade 1.

## Teacher Background:

Examples of processes so we don't get germs/infections from the food are pasteurization of milk, sanitizing eggs, proper cleaning of animal, etc.

## Image source:

Microsoft 365 Stock Images